REGINA metro®

NEWS WORTH SHARING.

Weathering the storm

Tornadoes and hail pack a wallop in parts of southern Saskatchewan PAGE 2

Glee star died of overdose

Cory Monteith took a toxic mix of heroin and alcohol, a coroner has found PAGE 4

GO JUMP IN A LAKE

STRESSED-OUT CITY DWELLERS CAN FIND RESPITE IN THE LAID-BACK VIBE OF LAKE PLACID PAGE 10

REGINA ROCK CITY

He wants to rock 'n' roll all night! Or for as long as he's allowed to stay up. Kiss fan Cole Pottle, 7, puts on his best Gene Simmons face and costume outside the Brandt Centre on Tuesday night while heading inside to the legendary U.S. rock band's concert with his parents. ROSS ROMANIUK/METRO

Legal loophole to tighten up on distracted drivers

Hold the phone — or rather, don't. Sask. traffic safety committee aiming to make all cellphone handling illegal behind the wheel

ROSS ROMANIUK
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You might legally get away, for now, with holding your phone behind the wheel in Saskatchewan — if you're not using it.

The province, however, has its sights on closing that loophole in its efforts with police to clamp down on all distracted driving involving iPhones, BlackBerrys and other forms of cellphones and electronic communication gadgets.

"You can actually hold a phone, but can't use it. So we're looking at the issue of holding the phone ... as being banned as well," Darryl Hickie, a Prince Albert MLA and chairman of the Saskatchewan government's traffic safety committee, said on Tuesday of the provincial law in place since 2010.

"I've heard anecdotally from officers that people were arguing to the officer at the scene of a traffic stop that they were just holding their phone."

The little-known "grey area," as Hickie describes it, became an issue for the government in March 2011 when a Court of Queen's Bench justice quashed a conviction against a man who had been ticketed by Saskatoon police in 2010 for allegedly using a phone while driving.

Reginald Schafer argued that he was moving his cellphone from his pants pocket to his shirt pocket, but denied that he was talking on it. He was found guilty by a traffic safety court judge of using electronic communications equipment while driving, and was fined $230.

Following Schafer's appeal, Queen's Bench Justice Martel Popescul ruled that handling a cellphone while driving is not prohibited in Saskatchewan.

The new bipartisan traffic safety committee is fully in favour, Hickie said, of changing the legislation to make even handling a cellphone, tablet or other communication gadget illegal while driving.

"The group was unanimous when we looked at putting the word 'holding' in the actual law," Hickie said, adding that the committee is drafting a report on proposed legislative amendments to be considered possibly this fall.

"If a justice finds a loophole — or grey area, I'll call it — and decides to make a decision in favour of the appellant, it's incumbent upon the government to look at the law and see if it could be changed."

WITH FILES FROM THE CANADIAN PRESS

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NEWS 1

Major storm spawns twisters in southern Saskatchewan

Hit hard. The small town of Hague, about 50 kilometres north of Saskatoon, appeared to bear the brunt of storm

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A massive storm that spawned at least four confirmed tornadoes in southern Saskatchewan this week was the province's most "intense" of the summer, says storm-chaser Greg Johnson.

"From just a meteorological perspective, it was a storm that had all those key ingredients," Johnson said on Tuesday. "There was a lot of nasty weather."

The low-pressure system swept through the province in the afternoon, bringing severe thunderstorms and hail to pockets of central and southern Saskatchewan.

"(The storm) produced golf-ball and baseball-sized hail (and) there were torrential downpours," Johnson said.

The small town of Hague, about 50 kilometres north of Saskatoon, appeared to bear the brunt of the impact, with residents reporting that fierce gusts ripped off roof shingles and siding from a few homes. Hague resident Raelene Janzen said the town lost electricity for nearly two hours in the evening after a tree toppled a major power line.

"There's a house in town missing part of its roof," Janzen said.

Tornadoes were also reported near Kronau, Milestone and Yorkton, and might have hit other areas southeast of Regina as well as Rosthern and Pangman.

July represents the peak of the province's tornado season, which tends to run from mid-June to late August.

Despite Monday's frantic weather, this year's tornado season is lagging behind 2012 totals.

"The number of tornadoes in Saskatchewan (this year) is between 14 and 19. Last year, there were 33 tornadoes confirmed," said Environment Canada meteorologist John Paul Cragg.

A large supercell southeast of Regina spawned tornadoes in the area on Monday. GREG JOHNSON/CONTRIBUTED

Target opens with a bang in the Queen City

Shoppers crowd Regina's Target store on its opening day on Tuesday. ALYSSA MCDONALD/METRO

Shoppers crowded Regina's new Target store all day on Tuesday for its grand opening, including dozens who had lined up to be among the first people inside the 118,000-square-foot outlet at Northgate Mall.

"The opening today is a bit of a re-invigoration of the retail market in Regina, and people are excited about getting out and about shopping," said Lisa Watson, a University of Regina marketing professor.

Watson added that Reginans will be drawn to the store out of curiosity about the U.S. chain's arrival in Saskatchewan, but won't necessarily find deep discounts.

"They will really be going to see what's new, and what Target is going to bring to the table that we haven't necessarily been able to get before," she explained.

"Basically, they are going to decide what they'll shop at Target for and what they will keep continuing to shop at their regular location for."

Hordes of families left the store with carts full of groceries and household items, including Colette Lauten with her two-year-old daughter and mother.

"I thought (the store) was good — clean, neat and organized," said Lauten.

"We bought some kids clothes, a bunch of other stuff — just kind of looking for any other deals."

Lauten and her mother, Karen Smith, said that although the service and the clean look will keep them coming back, the prices weren't impressively low.

"I didn't really see any blowout prices where I was like, 'Wow, look at that price,'" Smith said. "They were either more expensive or at par with our regular stores."

ALYSSA MCDONALD/METRO

Ian Buckwold

Prominent lawyer found dead

RCMP is investigating the death of a prominent Saskatoon lawyer who was also known for his years of work as a mental health advocate in Saskatchewan. The 64-year-old man is identified by friends, colleagues and associates as Ian Buckwold.

THE CANADIAN PRESS

Collision

Teen in crash dies after giving birth

A pregnant 17-year-old girl who had been seriously injured in a two-vehicle car crash has died after giving birth to her baby.

The collision in Prince Albert happened early Sunday morning.

Two females were in one of the vehicles, including driver Taylor Litwin, 21, who was pronounced dead at the scene.

The second occupant, 17-year-old Brandy Lepine, was taken to hospital where medical staff helped her deliver the baby before she died. The child is in serious condition. The driver of the second vehicle, Jeremiah Jobb, 21, has been charged with two counts of impaired driving causing death. THE CANADIAN PRESS

Memo

Concerns raised over therapy shortage

A shortage of physical and occupational therapists in Regina has the health region saying it can't continue to meet its service standards, according to a memo from the Qu'Appelle Health Region.

THE CANADIAN PRESS

Fatal results

Health Region fined in CO leak

The Saskatoon Health Region has been fined $154,000 after a carbon monoxide leak that contributed to three deaths at a seniors home. Health region vice-president Nilesh Kavia says steps have been taken to improve safety.

THE CANADIAN PRESS

News in pictures

1 Egypt. Seven more die in clashes

A supporter of Egypt's ousted president tries to beat the heat. Clashes overnight left at least seven dead, authorities said Tuesday. NASSER SHIYOUKHI/THE ASSOCIATED PRESS

2 Russia. Pussy Riot back at it

Russian band Pussy Riot have released their first music video since three members went to prison last year. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

3 Gay rights. Activist slaughtered

Prominent gay-rights activist Eric Ohena Lembembe has been tortured and killed in Cameroon, Human Rights Watch said. ERASING 76 CRIMES/THE ASSOCIATED PRESS

4 NSA scandal. Snowden stuck

Ecuador's Foreign Minister Ricardo Patino said his nation hopes Russia will grant Edward Snowden temporary asylum, saying conditions do not permit his travel to Latin America. RODRIGO BUENDIA/AFP/GETTY IMAGES

5 India floods. Thousands missing

More than 5,700 people missing since floods devastated northern India last month are being presumed dead, top officials said Tuesday. ANUPAM NATH/THE ASSOCIATED PRESS

No way to convict Zimmerman: Juror

The six-woman jury ultimately voted to acquit a neighbourhood-watch volunteer in the killing of an unarmed black teenager after closely examining the law, a juror in the case said Monday.

George Zimmerman was charged with second-degree murder in the fatal shooting of 17-year-old Trayvon Martin last year, but the jury was also allowed to consider manslaughter.

The woman, known as Juror B37, told CNN's Anderson Cooper that when the jury began deliberations Friday, they took an initial vote. Three jurors — including B37 — were in favour of acquittal, two supported manslaughter and one backed second-degree murder. She said the jury started going through all the evidence, listening to tapes multiple times.

"That's why it took us so long," said B37.

When they started looking at the law, the person who initially wanted second-degree murder changed her vote to manslaughter, the juror said. Then they asked for clarification from the judge and went over it again and again. B37 said some jurors wanted to find Zimmerman guilty of something, but there was just no place to go based on the law.

B37 said jurors cried when they gave their final vote to the bailiff.

The interview came two days after Zimmerman's acquittal in the shooting death of Martin in a gated community in Sanford, Fla., where the teenager was visiting family. Martin was black, and Zimmerman identifies himself as Hispanic. While prosecutors accused Zimmerman of profiling Martin, Zimmerman maintained he acted in self-defence.

THE ASSOCIATED PRESS

Vigils, rallies planned

100

Civil rights leaders said Tuesday they are planning vigils and rallies in 100 U.S. cities this weekend to press the federal government to bring charges against George Zimmerman.

From a self-imposed exile, train engineer speaks out via lawyer

Lac-Mégantic disaster. Lawyer dispels claim that Tom Harding is under 'police control'

The train engineer at the centre of the Lac-Mégantic disaster investigation is emotionally "devastated" by the tragic event, his lawyer says.

Tom Harding has vanished from public sight, and his lawyer's comments Tuesday shed some light on how he has responded to the tragedy.

Lawyer Thomas Walsh said his client has been staying at an undisclosed location, on his advice, to avoid the constant barrage of journalists at his Eastern Townships home.

Walsh said he's hoping to get Harding psychological help.

Edward Burkhardt, the head of the rail company, had told reporters last week that his engineer was under "police control" as the subject of a criminal investigation.

"Nothing (of the sort)," Walsh said Tuesday. He said Harding has not been arrested or charged with any crime stemming from the accident. "He's talking through his hat, as far as I can see."

Harding's role is a central question in ongoing investigations; his own company called him a hero before later announcing his suspension.

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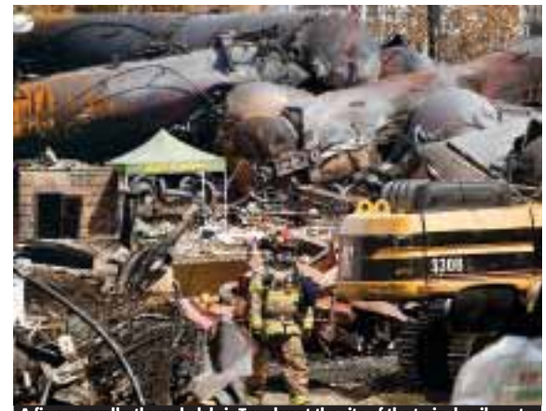

A fireman walks through debris Tuesday at the site of the train derailment and fire in Lac-Mégantic, Que., that left 37 people confirmed dead and another 13 missing and presumed dead. RYAN REMIORZ/THE CANADIAN PRESS

Oakville, Ont.

Father charged over baby in hot car

Police have charged a Toronto father with child abandonment after an infant girl was left in a hot car in Oakville, west of Toronto, on Sunday.

Halton Region police said the nine-month-old was left unattended in a parking lot for about 10 to 15 minutes.

Police said the baby was seen sweating profusely and crying but was OK after she was examined by paramedics and released to her mother.

When an in-store announcement at Home Depot drew the father back to the vehicle, police say a group of angry people "berated" him.

The father has been released pending a court appearance.

Sunday's incident is the latest in a string of cases.

The grandmother of a Milton, Ont., toddler who died last month after being left in a car was charged with criminal negligence causing death and failing to provide the necessities of life.

In Edmonton, a three-year-old was found dead in a hot car on July 2. Investigators ruled the death "non-criminal." THE CANADIAN PRESS

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Mix of heroin and alcohol killed Monteith: Coroner

Vancouver. Actor's death last weekend deemed an accident

Glee star Cory Monteith spent his last evening out on the town with three friends before returning to his luxury Vancouver hotel room alone where he took heroin and died early Saturday morning, police and a coroner say.

"There's absolutely nothing, no evidence to suggest this is anything other than the most sad and tragic accident," coroner Barb McLintock said in a news release after her office concluded an autopsy and toxicology tests.

She said the coroners' investigation will continue. Police say the unanswered questions McLintock's office will determine include the levels of alcohol and heroin in Monteith's system and whether the 31-year-old star was the victim of a bad batch of heroin, something which turns up from time to time in Vancouver.

But Const. Brian Montague said the police investigation is finished.

He said the two women and another man Monteith were with that night co-operated fully with police.

"We're pretty confident we know where they were or what they were doing," he said.

"There were no signs of a struggle or a robbery. There was evidence in the room that was consistent with a drug overdose."

Montague declined to elaborate. He said officers will not be pursuing where Monteith might have gotten the heroin.

Monteith was a supporter of the Project Limelight Society, a Vancouver charity that offers a theatre program to at-risk youth. His family has requested donations in his name be made to Project Limelight and two other charities.

THE CANADIAN PRESS

Overdose risks

- Aiyanas Ormand, with the Vancouver Area Network of Drug Users, a group that advocates for better public policy around illicit drugs, said seasoned heroin users would "taste" the drug first, meaning they would inject a small amount and get a sense of it.
- "Often where you get people OD-ing, it's with less experienced users or folks who have been in jail or detox and their body was once accustomed to much larger doses.... It can be deadly," he said.

Actor Cory Monteith died accidentally after taking heroin and alcohol, officials say. CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

Florida. The man with no memory

Doctors are looking into the mystery of a Florida man who awoke speaking only Swedish, with no memory of his past, after he was found unconscious four months ago at a Southern California motel.

Michael Boatwright, 61, woke up with amnesia, calling himself Johan Ek, the Desert Sun reported .

Boatwright was found unconscious in a motel room in Palm Springs in February. After police arrived, he was transported to the Desert Regional Medical Center, where he woke up.

Hospital officials said Boatwright may have been in town for a tennis tournament in the Coachella Valley. He was found with a duffel bag of exercise clothes, a backpack and tennis rackets. He also carried four forms of identification, all of which identified him as Michael Thomas Boatwright.

Authorities have been unable to locate Boatwright's next of kin. Photos show him in Sweden at a young age.

THE ASSOCIATED PRESS

NASA. Flooded helmet cuts astronauts' spacewalk short

In one of the most harrowing spacewalks in decades, an astronaut had to rush back into the International Space Station on Tuesday after a mysterious water leak inside his helmet robbed him of the ability to speak or hear and could have caused him to choke or even drown.

Italian Luca Parmitano was reported to be fine after the dangerous episode, which might have been caused by an unprecedented leak in the cooling system of his suit. His spacewalking partner, American Christopher Cassidy, had to help him inside after NASA quickly aborted the spacewalk.

No one — neither the astronauts in orbit nor flight controllers in Houston — breathed easier until Parmitano was back inside and his helmet was yanked off.

"He looks miserable. But OK," Cassidy assured everyone.

It was the first time in years that a spacewalk came to such an abrupt halt and the first time since NASA's Gemini program in the mid-1960s that a spacewalker became so incapacitated. Spacewalking always carries high risk; a puncture by a micrometeorite or sharp edge, if big enough, could result in instant death.

In a late afternoon news conference, NASA acknowledged the perilous situation that Parmitano had found himself in, and space-station operations manager Kenneth Todd promised to "turn over every rock" to make sure it never happens again.

The two astronauts were outside barely an hour, performing routine cable work on their second spacewalk in eight days, when Parmitano reported the leak. It progressively worsened as the minutes ticked by, drenching the back of his head, then his eyes, nose and, finally, mouth. He could have choked or drowned on the floating globs of water, NASA officials said. THE ASSOCIATED PRESS

In this image made from video provided by NASA, Italian astronaut Luca Parmitano stands on the end of a robotic arm during a spacewalk outside the International Space Station on Tuesday. The walk was aborted after Parmitano's helmet suffered a water leak. NASA/THE ASSOCIATED PRESS

Atlanta, Ga.

Zoo takes great care with panda cubs

Twin panda cubs born Monday. ZOO ATLANTA/THE ASSOCIATED PRESS

Georgia's Zoo Atlanta officials say two giant-panda cubs are being rotated between their mother and an incubator to ensure the newborns are properly fed and getting an equal amount of nurturing.

Lun Lun, a 15-year-old giant panda, gave birth to the cubs Monday. An ultrasound confirmed her pregnancy in June, but officials say they were unaware she was having twins until the second cub was born. The cubs are the first giant-panda twins born in the U.S. since 1987.

THE ASSOCIATED PRESS

Austria

Alleged skull collector charged

Police in Austria's Burgenland province say they have charged a man with "disturbing the peace of the dead" after finding 56 skulls and other human skeletal remains in his home.

State broadcaster ORF said Tuesday that the bones were taken from graves of a church cemetery. It reports that police became suspicious after the unidentified 47-year-old man tried to sell three of the skulls and two thigh bones at a flea market.

THE ASSOCIATED PRESS

Amherstburg, Ont.

Woman accused of ditching kids for a night out

A Windsor woman is facing charges after she allegedly left her children unattended in a car for hours while she drank and danced at a bar.

The four children, aged two to nine, were found in the parking lot of Shooters Road House in Amherstburg, Ont., on July 7. A concerned citizen heard a baby crying and called the police.

Amherstburg police say the children were left in the vehicle "for a few hours."

Jennifer North, 36, has been charged with four counts of abandoning a child. She will appear in court on Aug. 6. METRO ONLINE

Documents. Aboriginals were nutrition test subjects

Recently published historical research says hungry aboriginals were once used as unwitting subjects in nutritional experiments by Canadian government bureaucrats.

Government documents revealed to researcher Ian Mosby a long-standing experiment that came to span the entire country and involved at least 1,300 aboriginals, most of them children.

It began with a 1942 visit by government researchers to remote reserve communities in northern Manitoba.

They found people who were hungry, beggared by the collapsing fur trade and declining government support. They also found a demoralized population marked by, in the words of the researchers, "shiftlessness, indolence, improvidence and inertia."

The researchers suggested those problems were the results of malnutrition.

Instead of recommending more support, the researchers decided that these people would be ideal subjects for tests on the effects of different diets.

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Invasion of the lionfish: Voracious predator spreads

Into the deep. Divers are being encouraged to kill the 25-cm long, one-pound nuisances

The invasive lionfish that crowds coral reefs and preys on native fish in the Atlantic's shallower waters is such a problem that divers in Florida and the Caribbean are encouraged to capture and eat them whenever they can.

Lionfish, which have venomous spines, are a well-documented problem in Atlantic coral reefs, where the 25 centimetre-long, one-pound invaders from the tropical parts of the Pacific and Indian oceans live without predators and eat other fish voraciously. What's slowly coming into view is how deep into the ocean their invasion has spread.

Researchers and wildlife officials worry that lionfish may undo conservation efforts aimed at rebuilding populations of native predators such as groupers and snappers. Lionfish gorge on the young of those species, as well as their prey.

"They can eat pretty much anything that fits inside their mouths," Oregon State University lionfish expert Stephanie Green said.

Divers are encouraged to capture and eat any lionfish they encounter to protect reefs and native marine life already burdened by pollution, over-fishing and the effects of climate change.

THE ASSOCIATED PRESS

Akin to the Burmese python

Lionfish in the Atlantic Ocean have similarities to the Burmese python, the large, ravenous snake that researchers say is decimating native mammal populations in Florida's Everglades. Both are fast-breeding invasive species likely introduced through the pet trade, with no natural predators to keep their numbers in check.

In this image taken from video, two lionfish are shown in an aquarium at the Nova Southeastern University Oceanographic Center in Dania Beach, Fla. Desperate for some kind of control over their populations in the wild, Florida this year enlisted volunteers and amateurs to go after the fish not native to the Atlantic. SUZETTE LABOY/THE ASSOCIATED PRESS

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A buck a call? CRTC rejects pay phone hike, questions future in smartphone age

Canada's telecom regulator is hanging up on Bell Canada's bid to increase the cost of using a pay phone. The Canadian Radio-television and Telecommunications Commission has rejected a request by Bell to charge people more to use coin-operated land lines, a familiar fixture of the pre-cellphone age.

"This is, in our view, a victory for today,'' said Janet Lo, legal counsel for the Public Interest Advocacy Centre.

"We're very pleased that the commission stood up to Bell's request for the pay phone rate increase, which was in our view not warranted."

The CRTC is also considering whether to take steps to prevent the company from pulling less profitable pay phones out of underserviced communities.

Bell and its subsidiary Bell Aliant Inc. had asked for permission to boost the price of a local call to as much as $1, compared with the current price of 50 cents, and to double the cost of using a credit or debit card at a pay phone to $2.

In their submissions, the companies said that without a rate increase, they would be forced to get rid of their least profitable pay phones. Pay phone usage has been steadily dropping as more people turn to cellphones, Bell argued.

But the CRTC countered by saying unprofitable coin-operated phones would likely end up being removed anyway, regardless of cost.

"A significant number (of pay phones) will likely continue to be removed from service in response to declines in revenues and demand, regardless of rates charged for pay phone services," the commission said in its decision.

THE CANADIAN PRESS

Going the way of the dodo?

The CRTC has launched consultations on the role pay phones play in Canada. The regulator will also ask Canadians whether phone companies should be prohibited from removing the last remaining pay phone in a community.

From print to digital

Sun Media closes papers, cuts jobs

Sun Media Corp. is slashing 360 jobs and shutting down 11 publications across the country, saying it needs to invest more heavily in digital news to lure in younger readers.

In addition to job cuts sprinkled across the country, the newspaper publisher is closing down eight community newspapers and its 24 Hours free daily papers in Ottawa, Calgary and Edmonton.

THE CANADIAN PRESS

Analysis

Canadian debt levels not as dire as reported: TD Bank

Canadians have certainly been piling up debt but the situation isn't as dire as some have suggested, TD Bank argues in a new analysis.

The bank says official statistics on household debt-to-income ratios suggest Canadians are now as indebted as Americans were in 2007 — just before the U.S. housing crash.

The analysis notes Canadian indebtedness is 162 per cent of disposable annual income — only one percentage point below the 163 per cent peak reached by U.S. households in 2007.

But TD argues there's a world of difference between how the two countries calculate disposable income.

The U.S. figure doesn't include interest payments on non-mortgage debt, as the Canadian figure does, nor does the U.S. adjust for out-of-pocket health care costs paid by individuals, which tend to be higher south of the border.

THE CANADIAN PRESS

Market Minute

DOLLAR 96.47¢ US (+0.45¢)

TSX 12,516.89 (-11.46)

OIL $106 US (-32¢)

GOLD $1,290.40 (+$6.90)

Natural gas: $3.68 (+1¢)
Dow Jones: 15,451.85 (-32.41)

NOT EVERY DOG HAS ITS DAY

JUST SAYIN'

Mike Benhaim
Guest columnist

The daily news is filled with reports of racism, sexism, ageism and absurdism, but a large faction of this country's population silently faces a form of discrimination I like to call anti-caninism. That's right, people who hate dogs. You know the type; distinctly anti-social, but ultra-sensitive to child safety, hypothetical allergies or the physically challenged, as long as the disability doesn't require canine assistance.

Wherever dog owners gather, there is inevitably, some scowling curmudgeon hiding in the bushes taking video of puppies peeing on grass. Oh no! Now, we've exposed the children! For centuries, scientists have been mystified by the various causes of disease, but 'Pooch Patrol' has connected it all to dog urine. Parents beware: Your local park has not been sterilized for your kids' protection.

We belong to a culture spoiled by the freedom to dismiss ourselves from all responsibility. Parents use children as the excuse by which to perpetuate their own ignorance, and we spout improperly learned notions as universal truths.

Now, I'm not implying that the enlightened 19-year-old at 7-Eleven is not thoroughly versed in Canadian law but I recently entered one while holding my 10-pound Maltese.

Apparently, just having a dog exempted me from the basic courtesies afforded to the general public, let alone patrons.

"Mister, you can't have that dog in here!" She told me. When I questioned the hostility, she said, "It's against the law." (Gasp!) Am I a criminal now? Naturally, I probed further. "What about service dogs?" Apparently, our crackerjack legal scholar was ill-prepared for such meticulous cross-examination, as she responded with "Huh?" I specified, "What about seeing-eye dogs?"

And it was then that my clever foe truly earned the right to wear that plastic name tag by delivering a stunning rebuttal of "It never happens."

Well then folks, I guess the law is clear. Only it really isn't.

Canada's Animal Pedigree Act prohibits animals from direct contact with food preparation. Beyond that, every province, municipality and establishment owner has their own unique set of rules.

Parks, malls and department stores can legally allow your dogs, only many of them choose not to. One manager actually admitted that it depended largely on personality. That of the dog AND its owners.

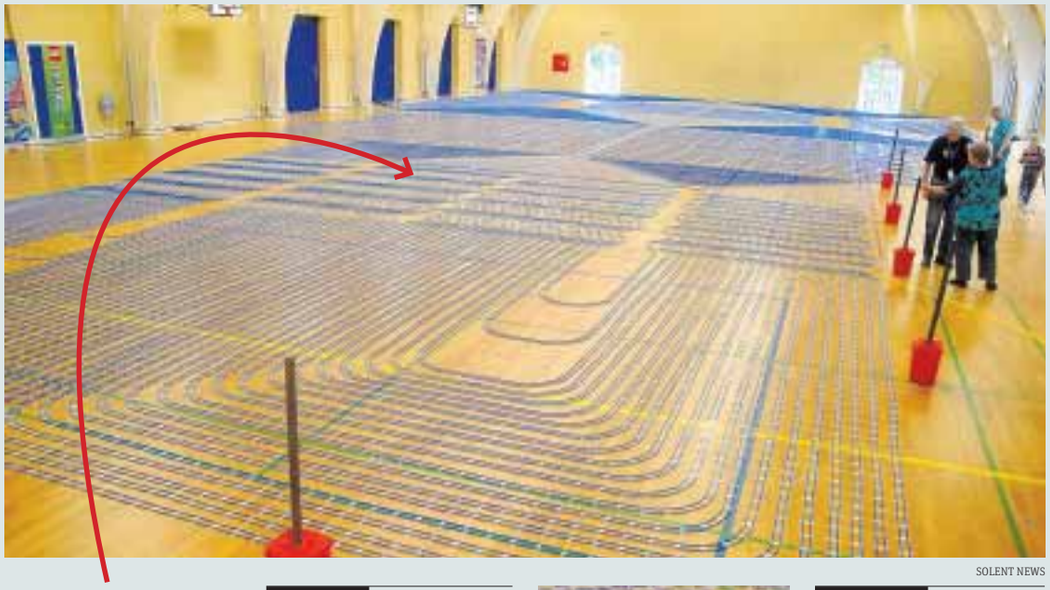
Hound-friendly malls and patios exist throughout Canada, but all it takes one anti-caninite complaint to spoil the show. It's never about them. These are just selfless citizens doing their part to protect the helpless from your vicious Chihuahuas.

Friends, think of dogs as babies. They can be cute, and at times disgusting, but they are part of the population and deserve to share the world with everyone else. So let's exercise a little tolerance and open public places to man's best friend.

Paul Sullivan will return July 31.

ZOOM

They have a proven track record



SOLENT NEWS

Longest Lego train track built

A Lego fan was on the right track when he assembled 93,072 plastic bricks to make the world's longest toy train circuit. Henrik Ludvigsen from Roskilde, Denmark, and a team of 80 others spent 18 months designing the track that measures 4,000 metres, which has earned him a Guinness World Record.

METRO

Lego land

"I was cleaning out a room in our house when I found all my old blue tracks. While my wife was asleep on the couch I went off to surf the Internet and got this crazy idea that I wanted to build the world's longest Lego train track."

Henrik Ludvigsen, 43, technology officer

"I'm proud of what I've achieved. It was a dream come true, a dream founded more than 35 years ago." Ludvigsen spent some $75,000 on the feat. SOLENT NEWS

A long ride

3 hours, 22 minutes

is the time it took for a Lego toy train to complete a lap of the 4,000-metre-long route.

In 1934, Danish toy inventor Ole Kirk Christiansen named his new company Lego, formed from the Danish words "Leg Godt" meaning "play well." In Latin 'lego' means "I study" or "I put together."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Excellent news! The Zen offered up by Explore.org's livestream of brown bears chilling in an Alaska river last summer is back for another year. Keep that, and perhaps these others, open in a tab for a bit of nature in your workday.

LONDON LOOKS/FLICKR

Puffin Burrow

If your tastes are more avian than ursine, rest easy because the bears aren't the only stars in Explore.org's stable. Get voyeuristic by creeping on a pair of nesting Atlantic puffins off the coast of Maine. (explore.org)

Kitty Cams

OK, fine. This isn't a livestream. But they do have a wildly entertaining first-person collection of noted cat hijinx like peeking in neighbourhood windows, harassing lizards, giving guff to dogs and keeping the stoop possum-free. (kittycams.uga.edu)

Vancouver Aquarium

It's hot. You're stuck at work. Cool off with critters that know how to enjoy the life aquatic. Sea otters, penguins and belugas bring the cute. Jellyfish are standing by in case you need something to synch your Pink Floyd albums to. (vanaqua.org)

Letters

RE: Jenny's Got A View, And I've Got One Too, published July 16

I am neither a fan of The View nor a fan of Jenny McCarthy, however I was surprised and appalled by your opinion of the subject matter of a possible relationship between vaccinations and autism.

My question to you, when you have read your articles to form your opinion around the subject matter of vaccination in relationship to autism, have you considered your sources? Were the surveys that you may have read funded by the pharmaceutical big businesses?

Have you read any articles from parents who noticed a considerable change in their child after a vaccination? Have you completed a thorough investigation? Based on your comments, I expect that you have not.

I believe that vaccinations are meant to help the community at large, and as we all know they have saved us from much disease and heartache. Is it possible that we may need to revisit or review our ingredients or timeline to vaccinations?

I think that it is disrespectful for individuals with no experience or thorough knowledge to make judgements on others based on their experiences just because their experience differs from your own.

Valerie Doyle

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Conjuring up a number of familiar horror themes

New movie.
Supernatural flicks aren't anything new but the creepy cranks continue to kill at the box office and on screen

IN FOCUS
Richard Crouse
scene@metronews.ca

The Conjuring has some spooky stunts. HANDOUT

The Conjuring, the new film from Saw co-creator James Wan, plays like a mash-up of The Exorcist and a particularly spooky episode of Ghost Hunters. Based on true events, it follows one of the most devilishly famous cases of real life paranormal investigators Ed and Lorraine Warren.

The ghostly action begins when the Warrens (Patrick Wilson and Vera Farmiga), self described "demonologists, ghost hunters … and kooks," are called in to investigate the haunting of a rambling old farm house purchased by the Perron family, Roger (Ron Livingston) and Carolyn (Liv Taylor) and their five daughters.

The house is creepy. Doors slam, someone or something gooses the girls while they sleep, clocks stop at 3:07 precisely and the smell of rotten meat hangs in the air.

It's spooky stuff, but it's not the only supernatural case the Warrens investigated that went on to find notoriety on the big screen.

The Haunting in Connecticut breathes the same air as The Town that Dreaded Sundown, Death Tunnel or any movie involving evil spirits, a haunted house, an old aboriginal cemetery or former insane asylum.

The film takes its story from the much documented life experience of Carmen Snedeker and her family who were tormented by evil forces after moving into a reconverted funeral home in Southington, Connecticut.

In the real life 1986 case the Warrens were called in and declared the Snedeker house to be crawling with demons, the result of former funeral home workers practicing necrophilia on the site.

How accurate was the movie?

"I was also told about scratching on the walls, blood and seances," Lorraine Warren told MyRecordJournal.com. "That isn't the type of things that were occurring within the house at all. The movie is very, very loosely based on the actual investigation."

The eerie couple's most notorious inquiry occurred at 112 Ocean Avenue in Amityville, Long Island.

The paranormal experiences of the Lutz family, who claim to have been terrorized by supernatural forces after moving into a large Dutch Colonial house where Ronald DeFeo, Jr. shot and killed six members of his family, came to be known as The Amityville Horror.

It has been the subject of 10 movies, a number of books and was a memorable case for Lorraine Warren.

"The case itself has affected our personal lives more than any other case we've ever worked on in 54 years of research," she said.

Creative freedom? Release the Hounds

Calling from Milwaukee, getting ready to perform with her sister as part of the Court Yard Hounds, Martie Maguire sounds totally at ease.

"I'm just trying to keep my kids awake, because they want to come up on stage with me and do some Irish dancing, so I was like, 'Well, it's at 10 o'clock tonight, I don't know,'" she says.

These aren't merely the practical musings of just any mother. From the mid-'90s to the early 2000s, there were few names bigger in country music than the Dixie Chicks, composed of Maguire, her sister Emily Robison and Natalie Maines. After controversial comments about then-U.S. President George W. Bush turned them into industry pariahs, Maguire and Robison went on to form the Court Yard Hounds, who will release their sophomore album, Amelita, on Tuesday.

"We didn't have to be answering to anything, or writing certain kinds of songs our fans are used to listening to. Creatively, it kind of opens the doors to whatever."

THE ASSOCIATED PRESS

Sisters Emily Robison, left, and Martie Maguire of the Court Yard Hounds. BRUCE GILBERT/THE ASSOCIATED PRESS

Animated

Turbo

Director. David Soren

Stars. Ryan Reynolds, Paul Giamatti and Samuel L. Jackson

Ryan Reynolds voices Turbo, a snail obsessed with car racing. His need for speed is fulfilled after inhaling engine fumes that rev up his metabolism to the tune of 200 m.p.h., a talent that earns him a spot at the Indianapolis 500. The movie is amiable, with beautiful animation and great voice work from Paul Giamatti and Samuel L. Jackson. Too bad it's saddled with a dullish script that's as uninteresting as escargot without garlic and butter. It feels padded with music and montages and moves at a snail's pace, which seems like it should be appropriate for this movie, but really isn't.

RICHARD CROUSE

Documentary

Venus and Serena

Director. Maiken Baird, Michelle Major

Stars. Venus Williams, Serena Williams

In this compelling documentary, filmmakers Maiken Baird and Michelle Major follow Venus and Serena Williams throughout the 2011 tennis season — a year plagued with health and personal problems — and provide a glimpse into the aging titans' struggle to stay on top. Candid interviews cover dating, dysfunctional family relationships, experiences of racism and more, while reminding audiences of the extraordinary impact the Williams sisters have had on the sport. Ultimately, tennis fans or not, it's easy to appreciate this rare and comprehensive look into the private lives of world-class athletes.

MANORI RAVINDRAN

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jane Lynch

Jane Lynch explains low-key divorce

Jane Lynch wants to make it clear that while she is in fact divorcing wife Lara Embry, the split is not as big of a deal as tabloid reports have made it out to be. "It's not dramatic. It's not a horrible thing. It's something that we're dealing with," Lynch tells Larry King in an interview. "It's two people who just decided it's better to go apart than stay together."

Stacy Keibler

More drama-free breakups

To hear Stacy Keibler tell it, she and ex-boyfriend George Clooney ended their two-year relationship on the best possible terms. "There's nothing dramatic that happened, so it's all good," she tells Extra. "I'm someone that's always lived the present moment. I always look at the positive on everything."

Fergie ALL PHOTOS GETTY IMAGES

Fergie looking to change both of her names

Just in time for the arrival of her first child with husband Josh Duhamel, Fergie is reportedly looking to change both of her names.

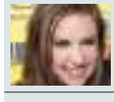
The pop singer filed a petition in L.A. to legally change her full name from Stacy Ann Ferguson to Fergie Duhamel, since Fergie is "the first name which she is commonly and professionally known as, and has been for many years," the petition states, according to E! News.

But she'll have to wait until Aug. 16 to find out if the court is cool with it.

Twitter

@RedHourBen
Making sure to sit on couch at least 2 hours today so my muscles wont be shocked by the rest day.

@justinbieber
It isn't just about music & performing 2 me. I care about all of u. I want to make the world better with this gift. Thought u should know :)

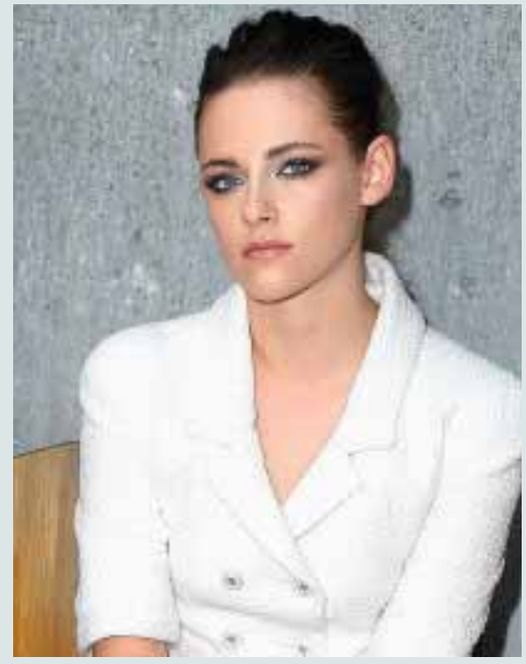


@lenadunham
My therapist is looking goooood.

@SteveMartinToGo
I don't watch zombie movies because I don't really care about zomb AHH AHH AHHH AHHH AHHH AHHHHHH AHHHHHH AHHHHH

The Word

Kristen Stewart is not grimacing with Michael Pitt



Too-cool-for-school couple Kristen Stewart and Michael Pitt probably aren't sighing loudly while they attempt to gather the enthusiasm to have sex with one another.

Rumours swirled earlier in the week that Stewart may have found a new leading man in former Boardwalk Empire star Michael Pitt since meeting at Paris Fashion Week.

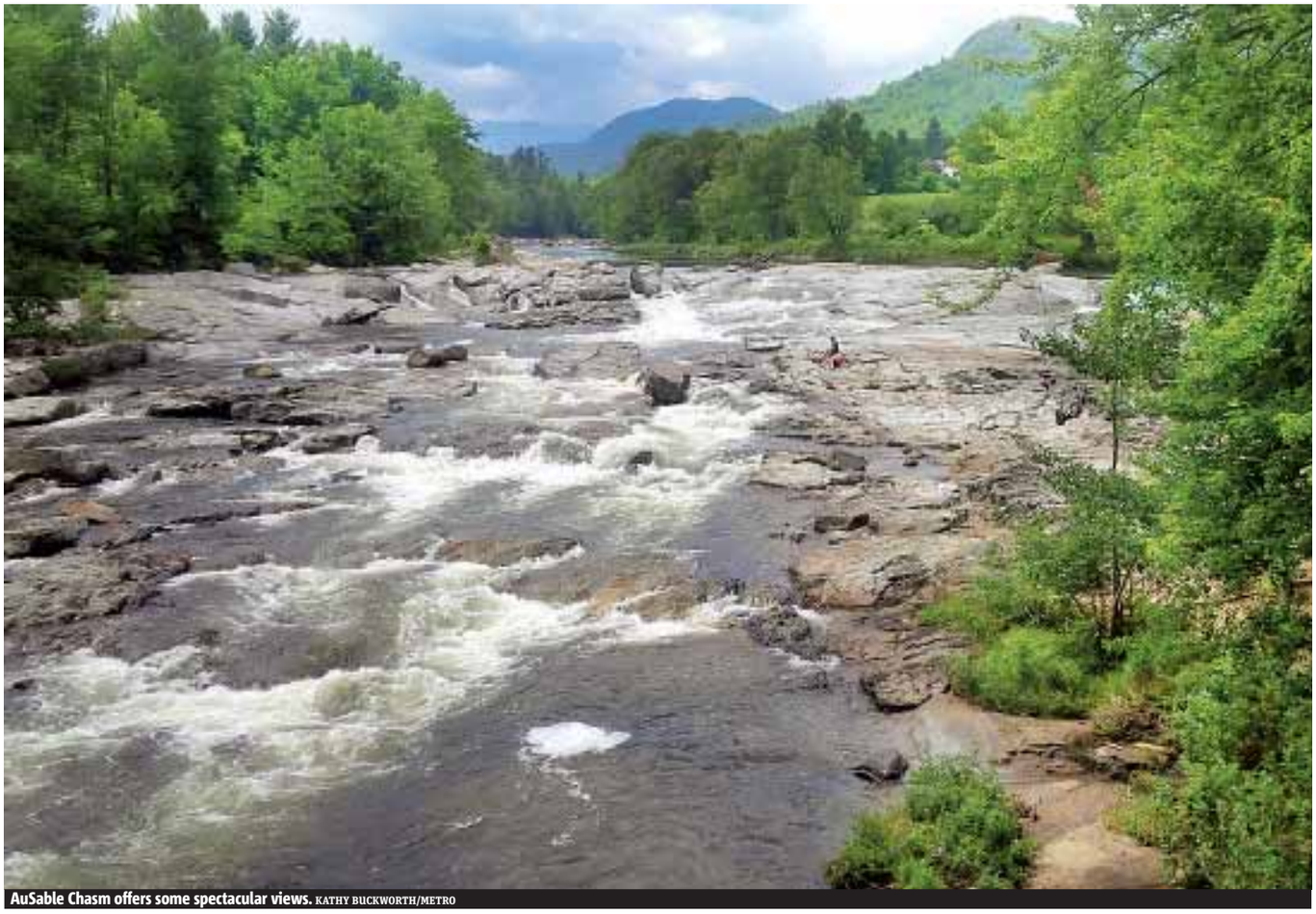
"Kristen's not over Rob but she's getting there, and Michael's helping her through it," a source tells The Sun.

"She vowed to throw herself into work and be single this summer, but when she met Michael last week, they hit it off." And the two apparently have a lot in common, according to the source: "They both hate the spotlight and are smart bookworm types."

But not so, says Pitt's rep, telling E! News, "While we do not comment on our clients' personal lives, please know that there is absolutely no truth whatsoever to this rumour that Michael Pitt and Kristen Stewart are dating." PAT HEALY

LIFE

Looking for a Placid time?



AuSable Chasm offers some spectacular views. KATHY BUCKWORTH/METRO

Family fun. Lake Placid mixes natural beauty and a laid-back vibe to make the perfect getaway for stressed out city dwellers

KATHY BUCKWORTH
life@metronews.ca

Busy families looking to unwind, unplug and undo their daily demands will instantly appreciate the aptly titled Lake Placid, with calm waters showcasing a shoreline dotted with "Great Camps", built in a bygone era when wealthy families from New York City hauled their families up north to escape the city heat and bask in the beautiful mountains of the Adirondacks.

The town of Lake Placid has a '50s feel to it, partly because of the protected park status, and partly because the town embraces the quirky feel of a mountain holiday, year round. It's hard to travel more than 100 feet down the main street, or anywhere in the surrounding area, without tripping over an Adirondack chair (which Ontarians call Muskoka Chairs).

Old timey vibe

The town of Lake Placid has a '50s feel to it, partly because of the protected park status, and partly because the town embraces the quirky feel of a mountain holiday.

Built five years ago very much in the style of the Great Camps, the luxurious Lake Placid Lodge has become the place to stay, with celebrities and other New York notables on their preferred customer list. The Artisan Restaurant has also become the "unofficial country club" of the many wealthy camp/luxury homeowners in the area. An award winning chef and meticulous attention to detail (not to mention a world class mixologist at the bar) combine to make an extravagant dining experience.

There is a form of accommodation to fit every preference and budget.

The town and surrounding villages offer fun B&B's full of local character, like Nan and Red LaFountaine's Paradox Lodge, which features birch bark ceilings and uniquely local antiquities. Cozy bedrooms feature modern bathrooms and a wonderful family cottage feel. The Lodge backs onto a bay leading into the lake, and Red's homestyle breakfasts are the perfect start to a busy day getting out to the many outdoor adventures available.

The restaurants and bars are as diverse as the lodgings, with the Brown Dog Café, a popular favourite, featuring fantastic views of Mirror Lake, where diners can watch the sun go down as canoers and kayakers glide by. During the day, it's easy to grab a fresh deli sandwich at The Little Super Market and head down to the local beach on Lake Everest in Wilmington.

A short drive away, the covered bridge in Jay (rebuilt in 2007) represents the rich history of the area, and the flat rocks that the AuSable River flows over make it the perfect spot to cool off on a hot day.

But it's not all calm in this area of the Adirondacks. During the winter it is the destination of choice for adventurous skiers and snowboarders, anxious to recreate runs they watched during the 1980 Olympics on Whiteface Mountain, and in the summer the hills are taken over by warrior gangs of mountain bikers.

The base area around Whiteface, also with protected status, remains untouched by the usual array of condominiums, hotels, bars and restaurants, for a true mountain experience.

The AuSable Chasm is about an hour's drive from Lake Placid, and the spectacle of the chasm is as awesome as the Adventure Trail that's been developed.

Cable pulls, rappelling and swaying bridges are for the brave of heart. The Intermediate Trail offers a terrific mix of easy strolling and heart stopping rock wall scaling.

The Wild Centre is a great stop to make on the way to or from Lake Placid, situated in Lake Tupper. This 31-acre wildlife conservation area will have the kids entertained with more than 900 live animals.

If you go...

Lake Placid is located about a five-hour drive from Toronto. Visit lakeplacid.com for more information.

One-dish pasta makes it easy to keep it simple — and get out of the kitchen

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great one-dish meal that's perfect for a quick dinner. Have a large leafy salad to start. If you want a more savoury flavour, use spicy sausage.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

2. In large non-stick skillet, heat oil; sauté garlic, onions, green peppers and zucchini until tender, approximately 5 minutes.

3. Add sausage and beef; sauté just until cooked, approximately 10 minutes.

4. Add tomatoes, olives, basil and oregano; simmer for 15 minutes, until sauce thickens, stirring occasionally. Pour over pasta, and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 12 oz radiatore or penne
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 3/4 cup chopped onions
- 3/4 cup chopped sweet green peppers
- 2 cups chopped zucchini
- 6 oz sweet sausages, skinned and chopped
- 6 oz ground beef
- 2 1/2 cups canned or fresh tomatoes, crushed
- 1/3 cup sliced black olives
- 2 tsp dried basil
- 1 tsp dried oregano

Radiatore with Sweet Sausage, Zucchini and Tomatoes

This recipe serves eight. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Drink of the Week

Lavender Sour

Beat the heat with this exquisite blend of flavours, including lime juice, lavender bitters and egg whites.

- 1.5 oz Belvedere vodka
- 0.6 oz fresh lime juice
- 3/4 oz simple syrup
- 0.3 oz egg whites
- 2 dashes of lavender bitters

Dry shake then add ice and shake again. Strain into chilled martini glass and garnish with an expressed lemon twist.

PHOTO AND RECIPE COURTESY OF BELVEDERE VODKA

Eat your veggies — and love it

Pasta is often mistaken as one of those foods that we need to cut back on due to recent fads promoting low-carb diets. However, despite misconceptions, pasta does provide the perfect foundation for a healthy meal.

Andrea Holwegner, a Canadian registered dietitian, offers some insight that may change the way you think about this popular food.

Pasta is a good source of energy, she says, because carbohydrates supply the body with its key energy source — glucose. Consuming carbohydrates can help improve performance in a high-intensity exercise, such as swimming or soccer for 90 minutes or longer.

Holwegner also points out that pasta can be a calorie-friendly food. A one-cup serving of cooked pasta is about 200 calories, is low in fat (about 1 gram, with no saturated or trans fats), cholesterol-free, and is low in sodium (unless you add salt to the cooking water).

Embrace pasta with this delicious Ratatouille.

Ingredients

- 1 box Barilla PLUS rotini
- 4 tbsp (50 ml) extra virgin olive oil
- 1 medium yellow onion, cut into 1-inch dice
- 3 cloves garlic, chopped
- 2 anchovies, chopped
- 1 large each yellow and red peppers, seeded and cut into 1-inch dice
- 1 medium eggplant, peeled and cut into 1-inch dice
- 1 medium zucchini halved, sliced thin
- 1 medium yellow squash, halved and sliced thin
- 15 oz. can quartered artichoke hearts packed in water, drained
- 28 oz. can whole peeled tomatoes and juice
- Salt and pepper, to taste
- 1 tsp Italian seasoning
- 1/4 cup pine nuts, toasted
- 1 bunch fresh basil, julienned

This recipe is ready in 45 minutes. NEWS CANADA

1. Bring a large pot of water to a boil.

2. Meanwhile in a large skillet sauté the onion in olive oil for 4-5 minutes or until lightly browned. Add the garlic and anchovies and sauté for 1 minute. Add the peppers and eggplant and sauté for 3-4 minutes. Once that is lightly browned, add the zucchini, squash and artichokes and sauté for 2 minutes.

3. Stir in the tomatoes and bring the sauce up to a simmer, season with salt, black pepper, and Italian seasoning. Cook for 10 minutes, or until tomatoes start breaking down.

4. Meanwhile, cook the pasta according to the package directions, drain and toss with the sauce. Top with toasted pine nuts and fresh basil.

NEWS CANADA/ BARILLA.CA

Dinner. Spaghettini with Garlic, Red Pepper and Extra Virgin Olive Oil

When it comes to mealtime, Italians make it a family affair, using it as an opportunity to spend time with loved ones.

"For Italians, gathering with friends and family over a meal is just as important as the food, so the cuisine doesn't have to be fancy," says Lorenzo Boni, the executive chef for Barilla North America. "Often the best meals come from a spontaneous get-together, where the cook makes a large pot of spaghetti pasta and throws in whatever ingredients are in the pantry (referred to as a spaghetatta)."

1. Bring water to a boil and season with salt. Cook the pasta 1 minute less than required cooking time.

2. Meanwhile, sauté garlic and chili flakes in olive oil until slightly yellow in colour. Add 1 cup of cooking liquid and bring to a boil.

3. Drain pasta and toss with sauce and parsley.

NEWS CANADA/CHEF LORENZO BONI OF BARILLA

Ingredients

- 1 box Barilla PLUS spaghettini
- Salt, to taste
- 3 cloves garlic, chopped
- Chili flakes, to taste
- 4 tbsp extra virgin olive oil
- 1 tbsp (20 leaves) parsley, chopped

Prosperity's path: From a foot in the door to a face at a desk

Work wonders. An expert shares his top tips on how students and new grads can get through the application process and on to the interview

MEGHAN GREAVES
TalentEgg.ca

"How do I get my foot in the door?" is just the tip of the question iceberg when starting your job hunt.

To help answer this question, we spoke with head hunting expert David Perry, who the Wall Street Journal calls the Rogue Recruiter.

Begin with clarity

Starting your job search with clarity starts with determining the top 10 to 20 employers you want to work for. Doing this is much simpler than you may think.

David recommends that you "figure out what your top three skills are that you can bring to an employer" and go from there.

Then you can search for employers online who are looking for these exact skills and use this to create your wish list.

Put yourself online, professionally speaking

Luckily for many Gen Ys, this is virtually a natural instinct. Yet, creating a professional online presence is where we lack skills occasionally. This may be because we don't know how to or because we're nervous that what we have to offer won't be good enough for an employer.

According to David, we shouldn't feel this way at all. When getting online (in a professional manner), keep these three things in mind:

How do you plan to get that shake of the hand? ISTOCK

1. Don't let lack of experience stop you. If you don't have a ton of "real world" work experience, David says, "don't worry about the experience — focus on the skills you have."

2. Don't overlook the skills developed in school: project management, interpersonal, communication, organization, research, writing. These are all very applicable skills that employers love.

3. Even if your LinkedIn account isn't bursting with information, David encourages you to remember that this still puts you ahead of those who aren't online.

Let others sell you

Stand out to potential employers by including brief testimonials on your resumé or cover letter. Even though these quotes might be brief, David says, "One testimonial from another person is worth 10 claims made by you."

Remember, rejection isn't forever

Needless to say, not being chosen for a position is discouraging.

But to make the most out of the situation, David suggests always sending a hand-written thank you note.

Not only does this show the employer that you're a respectful person, they may call upon you in the future or refer you to another company where they believe you'll be a great asset!

He also encourages young job hunters to remember that "persistence and understanding are a part of the process, and there are people behind this process — not machines!"

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Your thoughts?

@TalentEgg: #QuestionoftheDay: What's one skill that you use all the time in your job/ internship/at school?

- **@JodOwens:** adaptability! Need to be able to do/learn anything your managers throw at you.
- **@Shannon4RBC:** Time management is key! As a recent student my past volunteering experience prepared me to take on the working world :)
- **@Recruiterette:** Communication! No matter what your role, you need to work well in a larger team and get your point across clearly.
- **@WorkBCVan_PICS:** The ability to multitask/prioritize tasks!
- **@BASSMRU:** effectively managing your time between school, work, and anything else you might have going on (sports, clubs, volunteering).

Sweeping up the dirt on your desktop

A site to see. Keeping your online persona pristine is as important as ironing your shirt on interview day

ROSIE HALES
TalentEgg.ca

Remember that post you liked on your friend's timeline last week? It could have been a totally innocuous link of 32 must-see cute animal pictures or it could have been a slightly compromising picture of you in the hours that proceeded happy hour. Either way, you've left a data trail that people will be able to see for years to come.

No, this isn't the work of an expert Facebook user. It's a reality that job seekers with an online presence must become familiar with if they wish to succeed in their job hunt.

According to a survey by McAfee it seems that people are worried about their online personas.

In fact, 46 per cent of 18-to-34-year-olds polled were concerned about how they look online.

Brenda Moretto, Canadian Consumer Manager at McAfee, said that a poor digital reputation could hurt a new graduate in their job hunt in a number of ways.

"Job markets are competitive and anyone looking for a job needs every advantage they can have," Moretto said, adding that this means that job seekers definitely don't want to have anything negative in their digi-trail.

If a potential employer saw something unsavoury on an applicant's Facebook page or other online profile, Moretto said this could lead to the applicant not getting the job.

"If I'm an employer then I'm looking for someone who is going to represent my brand," she said.

"If they had a negative digital footprint then it wouldn't be aligned," Moretto said.

16 per cent of people polled knew someone who had been fired because of a personal image or message posted online.

People are constantly on smartphones and aren't posting pictures of each other volunteering or studying as much as they are of their friends in a compromising position.

Clean up the content: Many companies will perform background checks on potential employees to check if they will represent the brand in a professional manner. ISTOCK

E-mpressive!

Brenda Moretto suggested four tips that McAfee developed in the hopes of keeping online profiles of job-seeking generations appropriate for landing their dream job:

- **Polish it:** Treat your online presence as well as you would your resumé. You never know who might be looking you up.
- **Secure it:** Try to manage what others can see online. Don't forget that whatever your or your friends "like" on Facebook, for example, stays there for everyone else to see. Remember that even if your profile is as secure as secure can be and you've changed your name to make yourself unsearchable, you still have Facebook friends, Twitter followers or LinkedIn connections that can see everything you do. What will happen if your relationship with one of these people turns sour? Be aware of the fact that whatever you put online is available to people that might not always have your best interests at heart.
- **Hold it:** A good rule of thumb to use when deciding whether to put those happy hour pictures online is "is this something I would want my boss, colleagues or grandma to see?" If not, don't post it.
- **Protect it:** Don't share any passwords with your friends. Who knows what they will post. McAfee also discovered that 60 per cent of people store personal or intimate information on their cellphones, but only 40 per cent of people enable password protection on these devices. Punching in a password is a three second task that could save you a lot of money, worry and dignity.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

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4 SPORTS

Football

Shutter returning to Regina

The University of Regina announced Tuesday that former University of Hawaii quarterback Cayman Shutter will be a Ram in 2013.

Cayman Shutter
CONTRIBUTED

"We are extremely excited to have a student-athlete of Cayman's calibre come to the Rams," said head coach Frank McCrystal in a release. "He is exceptionally bright and will shine as a graduate student at the U of R. His athleticism complements his academics and we are expecting Cayman to be a tremendous leader for us for over the next two years."

Shutter, who played for three seasons at Hawaii, will have two seasons of CIS eligibility remaining. The Regina native moved to Hawaii along with his family in the early 2000s, graduated from the University of Hawaii with a Bachelor of Arts in English and is expected to pursue a Master of Arts in creative writing at the U of R. METRO

CFL

"Some of my best memories ever in football are obviously there and that team."

Hamilton head coach Kent Austin on his time spent with the Roughriders. Austin, who returns to Regina this Sunday with the Ticats, led the Riders to victory as a QB in the 1989 Grey Cup, then again eight years later as the head coach.

Graham DeLaet will compete in his first major this week and is the only Canadian who qualified for this year's British Open. MICHAEL COHEN/GETTY IMAGES

DeLaet at home on British Open links

Golf. Lone Canadian at Muirfield undeterred by Scottish climate

Having grown up in Saskatchewan, Graham DeLaet isn't bothered by a little wind on the golf course — and wind surely is among the weather treasures to be found this week at Muirfield.

The cold, slanting rain that tends to arrive at some point during a British Open? He's seen that at home, too.

"We get that, too. But we just go inside," the Weyburn man cracked.

Barely a week after finding out his world ranking had earned him a spot in a major championship for the first time in his promising career, the only Canadian playing here in Gullane this week was greeted in a familiar Scottish way at practice.

"I hit a 5-iron farther than I hit a driver," he said, laughing at the wind that arrives, in varying directions, at each of Muirfield's 18 holes. "But I grew up in Saskatchewan, so it's a pretty average wind for me."

DeLaet arrives with a terrific set of statistics in his back pocket for his tee time Thursday. He's ranked 65th in the world and leads the PGA Tour in scoring average (69.99) and greens in regulation (72 per cent) and is second in total driving and par-five scoring average. He's knocking on the door of his first win; he hasn't been out of the top 30 in his past seven starts, including third at the Travelers Championship last month, and with more than $1.5 million earned is 28th in cheques cashed.

Ben Curtis nailed a major in his first appearance at the Open 10 years ago, so it can be done, longshot though it is. At least DeLaet comes in with some links golf experience, having played a British Amateur at Royal St. George's and a couple of Dunhill Cups as a pro, including last year.

"You need your imagination and (need to) hit the ball solid. Fairways are going to be key, obviously, staying out of that fescue," he said after playing the front nine at Muirfield. "It's fun. A different style of golf."

TORSTAR NEWS SERVICE

Mixed emotions on Muirfield

"I don't know if it's something I want to play every single day; it just eats you up."

Weyburn native Graham DeLaet on the unpredictable conditions of the British Open.

Riders' Sheets on pace to surpass CFL greats

Kory Sheets rumbles past the Argos' Robert McCune during his 178-yard, two touchdown game Thursday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

It's been a record-setting start for Saskatchewan Roughriders running back Kory Sheets.

The five-foot-11, 208-pound sophomore has a league-high 442 rushing yards for the unbeaten Roughriders (3-0), the most to start a season in league history. Sheets broke the mark of 411 yards set in 1975 by Calgary running back Willie Burden.

Sheets, named the CFL's offensive player of the week after rushing for a career high 178 yards and two TDs in a 39-28 win over Toronto last Thursday, also has Mike Pringle's league mark of 2,414 yards from scrimmage in his sights. He has accumulated 491 yards and is on pace for 2,946 yards.

While Sheets' rushing total is the best to start a season, he's not even close to CFL record for most total yards over a three-game span. Pringle holds that mark, having accumulated 548 yards late in '98.

THE CANADIAN PRESS

Once you pop ...

2,065

It's early, but Kory Sheets is on pace for well over 2,600 rushing yards, which would smash hall of famer Mike Pringle's league record of 2,065 yards established in 1998.

Williams Week 3's top D

Riders linebacker Renauld Williams was named the top defensive player after registering eight tackles and two sacks against Toronto.

DRIVE

Top sedans give the trunk the boot

Autopilot. Making the back of the car discreet, stylish and aerodynamic appears to be the trend in the high-end market

AUTO PILOT
Mike Goetz
drive@metronews.ca

Darwin's Theory of Evolution not only applies to flora and fauna, but also to automotive design.

When an automotive design mutation shows up that aids the survival of a particular model, the mutation is selected to be passed on to the next generation of vehicles.

One such successful mutation we're suddenly seeing passed on to more and more vehicles is the four-door sedan with a "no-trunk look."

Sedans have historically had what designers call a three-box layout; one box for the engine, another box for the occupants, and another box for the trunk. Now we're seeing four-door sedans in a one-box or two-box layout.

Trunks are being incorporated into the main box. They no longer have a box of their own. I don't know if that make trunks sad, but we should probably take it easy on them for a while, just to be nice.

Three factors are pushing trunk design in this direction.

Aerodynamics
The higher and shorter you can make the trunk lid, the better it is for aerodynamics, and aerodynamics nets you lots of good stuff, like fuel efficiency and high-speed stability.

Capacity and space efficiency The long and low trunk stuck on like an appendage, is not as space efficient as a taller, shorter, and squarer trunk that has also expropriated some of the occupant box.

Aesthetics
Four-door sedans with small trunks, like the new Mercedes-Benz CLA, or four-door sedans with a hatch-like lift-up tailgate, like the Audi A7, just look sleeker.

And with this development we have to evolve the terminology as well. Automakers seem disinclined to even call them "sedans," sensing that the term might have too much old-world baggage (in their trunks and elsewhere). Mercedes-Benz refers to the CLS-Class a four-door coupe, and the full name of the A7 is the Audi A7 Sportback.

Commenting on this development in his blog, Luca Ciferri, the European correspondent for the trade publication, Automotive News, mused that, "as these new interpretations of the classic sedan move from being one-offs to full-fledged model lines it is easy to see that we are entering the post-sedan era."

I think it will be an exciting era. Maybe not as exciting as the post-apocalyptic era, you know, the one with all those zombies, but things should be happening.

The Audi A7 coupe's trunk merges into the rest of the vehicle.

The new Mercedes CLA250 has a very discreet trunk. BOTH PHOTOS HANDOUT

The future is now: Let your car do the work

Driving force. The self-driving vehicle is no longer science fiction as Mercedes prepare to launch their Intelligent Drive system

JIL MCINTOSH
drive@metronews.ca

Cars that can drive themselves have long been part of science-fiction stories, and a few experimental models have actually made their driverless way across test tracks and through city streets. But later this year, you'll actually be able to buy one.

It won't take you all the way to work or the cottage by itself, but the all-new 2014 Mercedes-Benz S-Class can stop, accelerate, and steer itself for short periods when its optional Intelligent Drive system is activated.

"More than 20 different sensors are built into the car, and we combine these into a complex system that can manage complex situations," says Dr. Thomas Weber, member of the board of management for Mercedes-Benz Cars Development. "We fuse all of the sensors and connect them with intelligent software."

The self-driving feature builds on systems already available from Mercedes-Benz and several other automakers, including cruise control that can keep a pre-set distance from a vehicle in front; collision mitigation that stops the car if the driver doesn't brake when a crash is probable; lane-keeping that knows if the car veers over the line and applies selective braking to help bring it back; cameras to determine if other vehicles are alongside; and electric power steering, which uses a software-controlled motor rather than a hydraulic pump.

The S-Class uses a radar system in the grille and a stereoscopic windshield-mounted camera, working together, to monitor the vehicle ahead of it. When activated, the autonomous steering uses the lane markings and the movement of the vehicle ahead to guide the car's movement. It can follow bends in the road, but can't turn a corner.

After 10 seconds, the self-steering system warns the driver to take control. If he doesn't, it shuts itself off. The system is capable of driving longer but isn't programmed for it, since current global traffic regulations won't permit it. "We are in discussions with regulators, based on these technologies, to move step by step in the direction where more autonomous features are allowed," Weber says.

The auto-driving feature is meant for traffic jams, where drivers can focus their attention elsewhere. Once the road clears, they can enjoy driving the car themselves. But at some time in the future, you might be able to set your destination and sleep through the trip while your car takes you where you want to go. "That's not possible as of today," Weber says, "(but) with the S-Class, we have the first important step."

Facts

- **Signals.** The S-Class's radar and stereo camera provide independent signals as a safeguard, so the car can compare their data.
- **Self parking.** The S-Class can park itself, identify pedestrians and animals at night with infrared cameras and warn if it detects that you're too tired to drive.
- **Self driving.** The self-driving system will eventually be available in other Mercedes-Benz models as well.

The 2014 Mercedes S-Class can stop, accelerate and steer itself for short periods. PROVIDED

Horoscopes

♈ Aries
March 21 - April 20
There are so many positive factors at work in your life that you would be a fool not to set your sights high. Uranus, planet of changes, urges you to be adventurous. But do you really need encouragement?

♉ Taurus
April 21 - May 21
Not even a Taurus can be confident all the time and there will be times today when you fear the worst. Take a long, hard look at your life but don't change things just because you're feeling low.

♊ Gemini
May 22 - June 21
You will be spreading your opinions over the next 24 hours. Not everyone will agree with you, of course, but because you say it with such confidence it's unlikely they will argue with you.

♋ Cancer
June 22 - July 23
Employers are on your side now, so think how you would like to move up in the world then let them know you are ready. If in doubt, aim to do something completely different to what you usually do.

♌ Leo
July 24 - Aug. 23
Travel is very much on the cards today. You don't need to have a specific destination in mind, just get up and go where your fancy takes you and you are guaranteed to have fun.

♍ Virgo
Aug. 24 - Sept. 23
Get your financial house in order. Now is the perfect time to make changes in your cash flow habits. Be aware of how wasteful you have been.

♎ Libra
Sept. 24 - Oct. 23
You will face challenges today but you don't have to face them alone. Loved ones are always there for you and will stand by your side if you ask. Chances are you will come through unscathed.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in the work area of your chart means others expect you to deliver. The last thing you want is to let them down. Pace yourself sensibly and get it done.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be in an assertive mood but don't pick fights with people just for fun. It's good to let off steam but it's not good if you end up making enemies of people.

♑ Capricorn
Dec. 22 - Jan. 20
Creative matters will go well today but you must not neglect affairs of the heart. Someone needs to be reminded of your passion and commitment, most likely because you have been a bit distant lately.

♒ Aquarius
Jan. 21 - Feb. 19
You have plenty to say and you could cause a bit of friction if you come on too strong. Sometimes it pays to steer clear of facts that others may not want to hear.

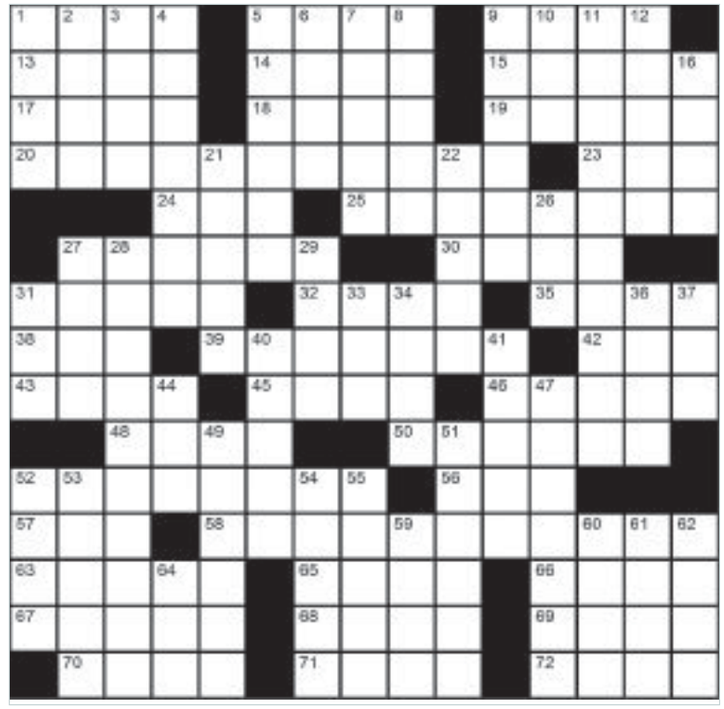
♓ Pisces
Feb. 20 - March 20
Positive cosmic activity in the money area of your chart will give you the courage to make much-needed changes. You may have to cut back on luxuries for a week or two.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

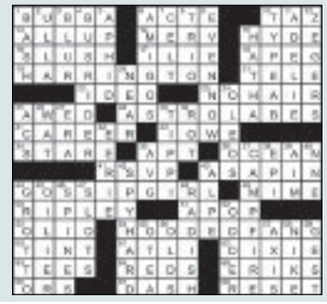
BY KELLY ANN BUCHANAN



Across
1. Ms. Helgenberger
5. Monsieur Le Pew
9. Valley
13. Mideast chieftain, variantly
14. Q. "Do you prefer FM radio __ _ _?" A. "Both, actually."
15. Verbal tests
17. The Ramayana heroine
18. Certain cracker
19. Surrealist artist Max
20. Toxic clean-up togs: 2 wds.
23. __ casting
24. Gladiator's 1002
25. Glass Tiger lead singer: 2 wds.
27. Strong military city of ancient Greece
30. Decorative case
31. Sound loudly, as a radio
32. Singer/songwriter Lisa
35. Company bosses, collectively [abbr.]
38. Mouth, slang-style
39. Nuclear __
42. Bit of Beatles: "Isn't __ _ bit like..."
43. She sheeps
45. Non-vegetarian fare
46. Band of eight
48. Value
50. Have _ __ of energy
52. Who The Band backed: 2 wds.
56. Riddle-me-__
57. "...am right __ _ am wrong..." - The Beatles
58. __ and Immigration Canada
63. "Blame It __ __" (1984) starring Michael Caine
65. First name letter, e.g.
66. Ms. Reid
67. Celebrity chef Mr. DiSpirito
68. Quash
69. Creams company
70. Subsequently
71. "__ Brockovich"
72. Opposites of ouis

Down
1. Bangers and __ (Pub serving)
2. "What __ _ _ mind reader?"
3. Crackers brand
4. It's about sentences, etc.
5. Sticky notes brand
6. Ancient Greece's love god
7. The Taming of the Shrew setting
8. Internet mode of communication
9. Platinum Blonde hit: "__ Really Matter"
10. ETA part, for short
11. First Nation concern: 2 wds.
12. Vintage dairy products cow
16. Goulash
21. Broadcaster
22. Billy Blanks fitness system: 2 wds.
26. Fee-fi-fo-__
27. Shredded cabbage
28. Alternate name of Saskatchewan's provincial tree: 2 wds.
29. Winglike parts
31. "Adieu."
33. Wood sorrel
34. Songstress Ms. James
36. Encounter
37. Rat-a-__...
40. Ms. Sande of recent hit "Next to Me"
41. 1431: French city where Joan of Arc was executed
44. Down
47. BC locale of Columbia Brewery
49. Mogul
51. Cape __ Island
52. Barbarian
53. 'Ripley's Believe It' finisher: 2 wds.
54. 'Decor' finishing?
55. Ten-er - One-er = What-er?
59. Tube-shaped pasta
60. Beyonce ballad
61. Persia, nowadays
62. Remunerations
64. Drink chiller

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	5			9		
1	3			7	8			
7			1				4	
9				1				3
		3				6		
5				2				7
	8				6			5
			4	9			8	6
		1			7	2		

Yesterday's Sudoku

3	2	1	7	6	5	8	4	9
9	6	5	2	4	8	3	1	7
4	7	8	9	1	3	2	5	6
2	9	7	5	3	4	6	8	1
5	1	3	6	8	9	7	2	4
6	8	4	1	2	7	5	9	3
1	5	6	3	9	2	4	7	8
8	3	2	4	7	1	9	6	5
7	4	9	8	5	6	1	3	2

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Ford Employee Ford Retiree

Bill H. and his son **Greg H.**
Ford Retiree Ford Employee

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Titanium model shown

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